NOISE DESTROYS
Tips on protecting your hearing

Noise is everywhere

- At home

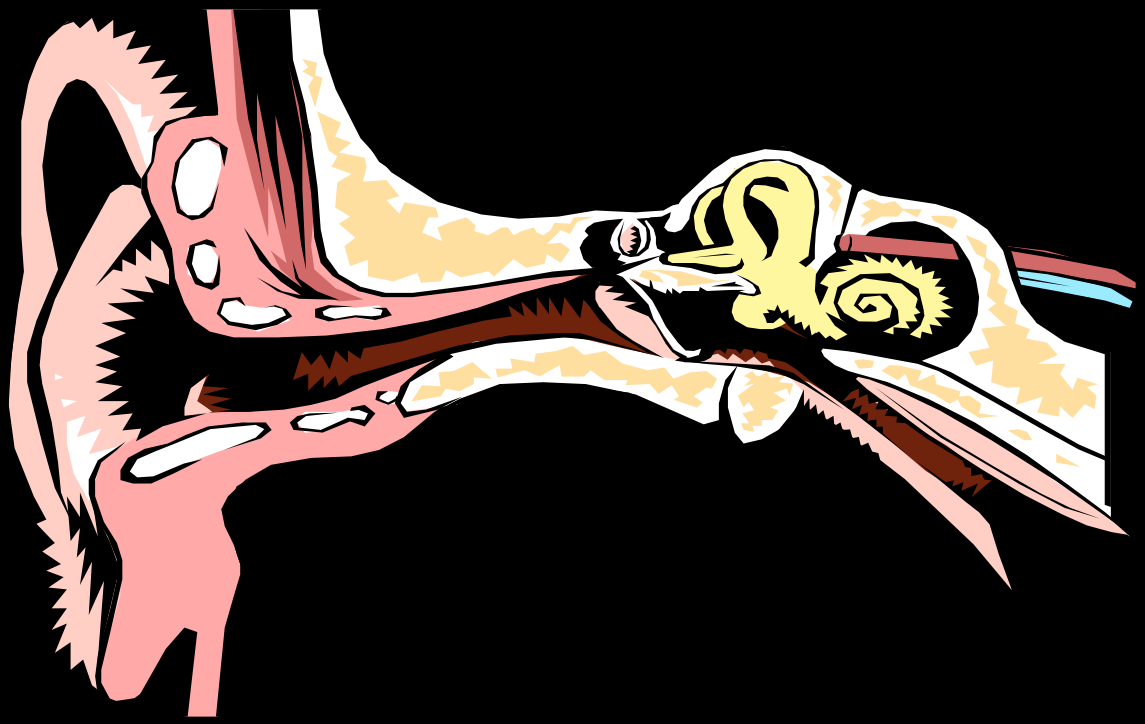
At work....

At play.....

All sounds don’t hurt your ears…..

- What matters is….
- HOW LOUD
- And HOW LONG

Overexposure to noise damages tiny nerve endings inside the ear



Damage begins in the HIGH pitch region

- ABOVE the speech frequencies

As the damage progresses…

- It will work its way down to eventually affect the speech frequencies

By the time you begin to notice the hearing loss,

- You have a VERY WELL DEVELOPED hearing loss

so……..

- It sneaks up on you…you don’t know you have it until you have a lot of it!

Noise induced hearing loss affects the QUALITY of the sound

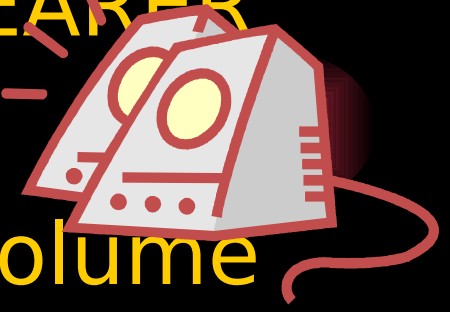
Rather than the LOUDNESS

If you think of your ear like a stereo,
it is like fiddling with the equalizer

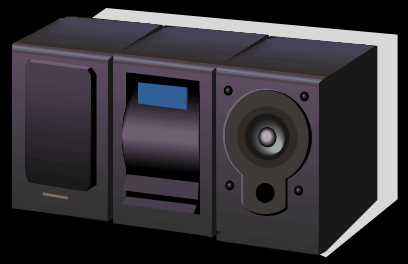
NOT like turning down the volume

Turning it up may make it LOUDER

- BUT… it will not make it CLEARER



- Kind of like turning up the volume on a blown speaker…it will still sound bad



Hearing aids help but do NOT cure

- Hearing aids are amplifiers, the problem with noise induced hearing loss is not loudness but CLARITY.

The KEY thing is

- PROTECTION and PREVENTION

May is BETTER HEARING AND SPEECH month

PROTECT YOUR HEARING!!!

You only have one set of ears that must last you a LIFETIME!

Don’t miss out on the sounds of life!